Ushering in a new year. Where's Eri going? Of course, it's...

Happy
New Year!

17th Course: Mizorenabe
新米姉妹のふたりごはん
Let's have a meal together!
柊ゆたか
PLEASE CONTINUE TO SUPPORT US IN 2017!
SHINMAI SHIMAI NO FUTARI GOHAN
VOLUME 3 IS COMING OUT FEBRUARY 27TH!
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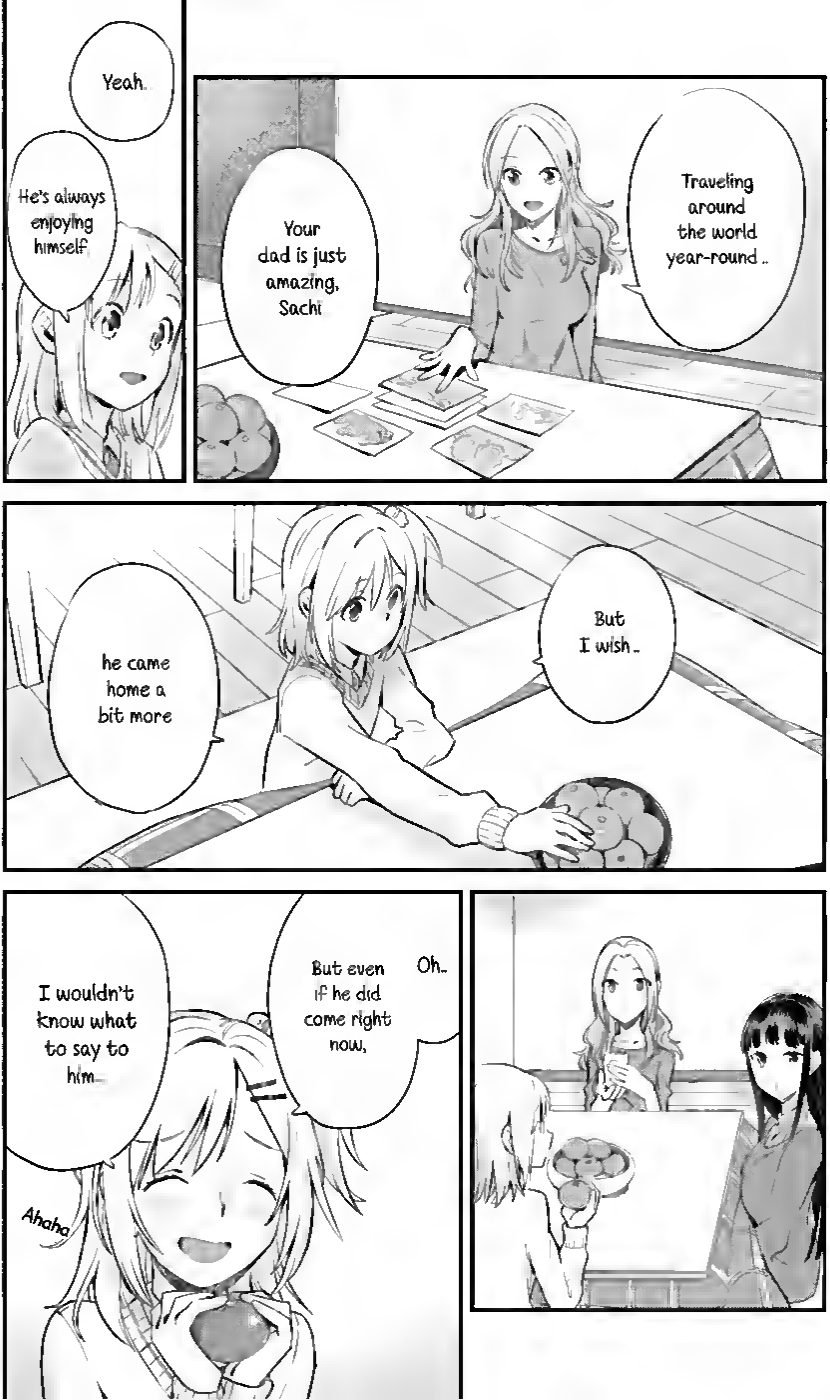
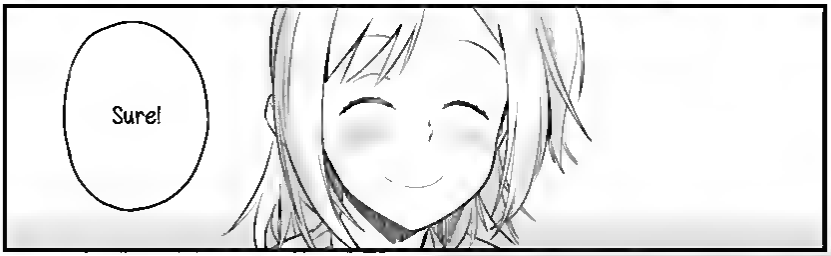
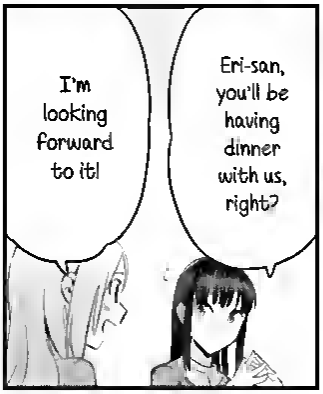
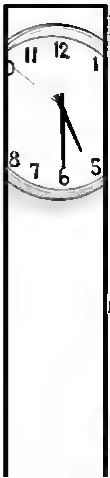
So your dad is still taking pictures of New Year's around the world?
Oh.
Yep
Here's this year's...
He said it's Ghana's New Year festival.
A goat...

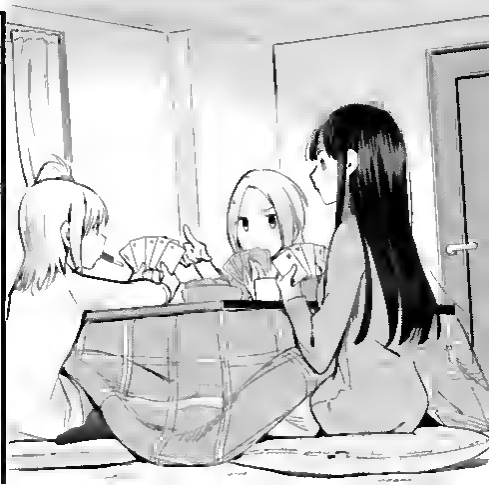

Yeah.
He's always enjoying himself.
Your dad is just amazing, Sachi.
Traveling around the world year-round..
But I wish..
he came home a bit more
Oh..
But even if he did come right now,
I wouldn't know what to say to him...
Ahaha

We're going to play games!
Alright!
Let's enjoy our New Year's!
Drink amazake!
Eat and play all we want!


Sure!


I'm looking forward to it!
Eri-san, you'll be having dinner with us, right?

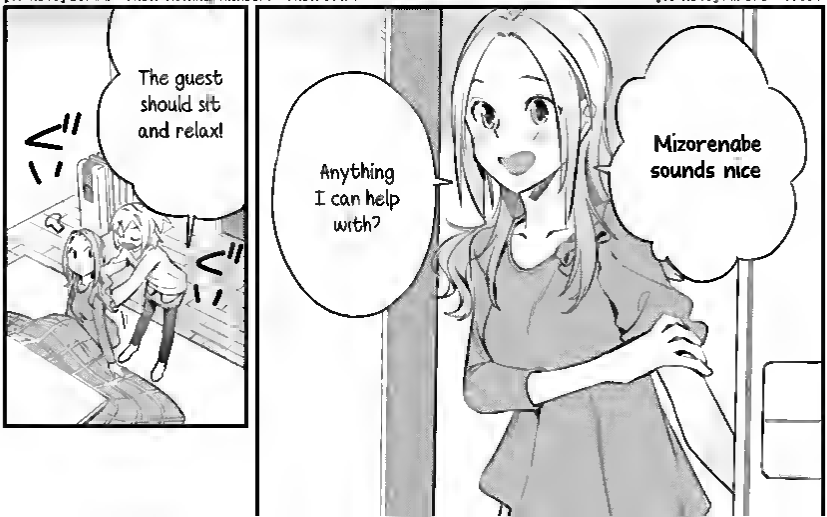




Wooo! Mizore-nabe!!
I'm thinking of making mizorenabe
What's that?
The grated daikon resembles snow. People also call it yukiminabe or awayukinabe
Mizorenabe is a hotpot dish with grated daikon sprinkled on top

[TL NOTE] YUKIMI = SNOW VIEWING, AWAYUKI = SNOW DRIFT

[TL NOTE] MIZORE = SLEET



Please help me grate the daikon, Nee-san
I can help Ayari cook too!
I'll grate it!
Leave it to me!

cut it into quarters
It's easier to grate a smaller surface.
スー
Grating daikon
is pretty hard
Most of it doesn't touch the grater.
Then I'll
シャー
シャー
I'll keep at it!
シャー
シャー
You're right! It's so light!
シャー
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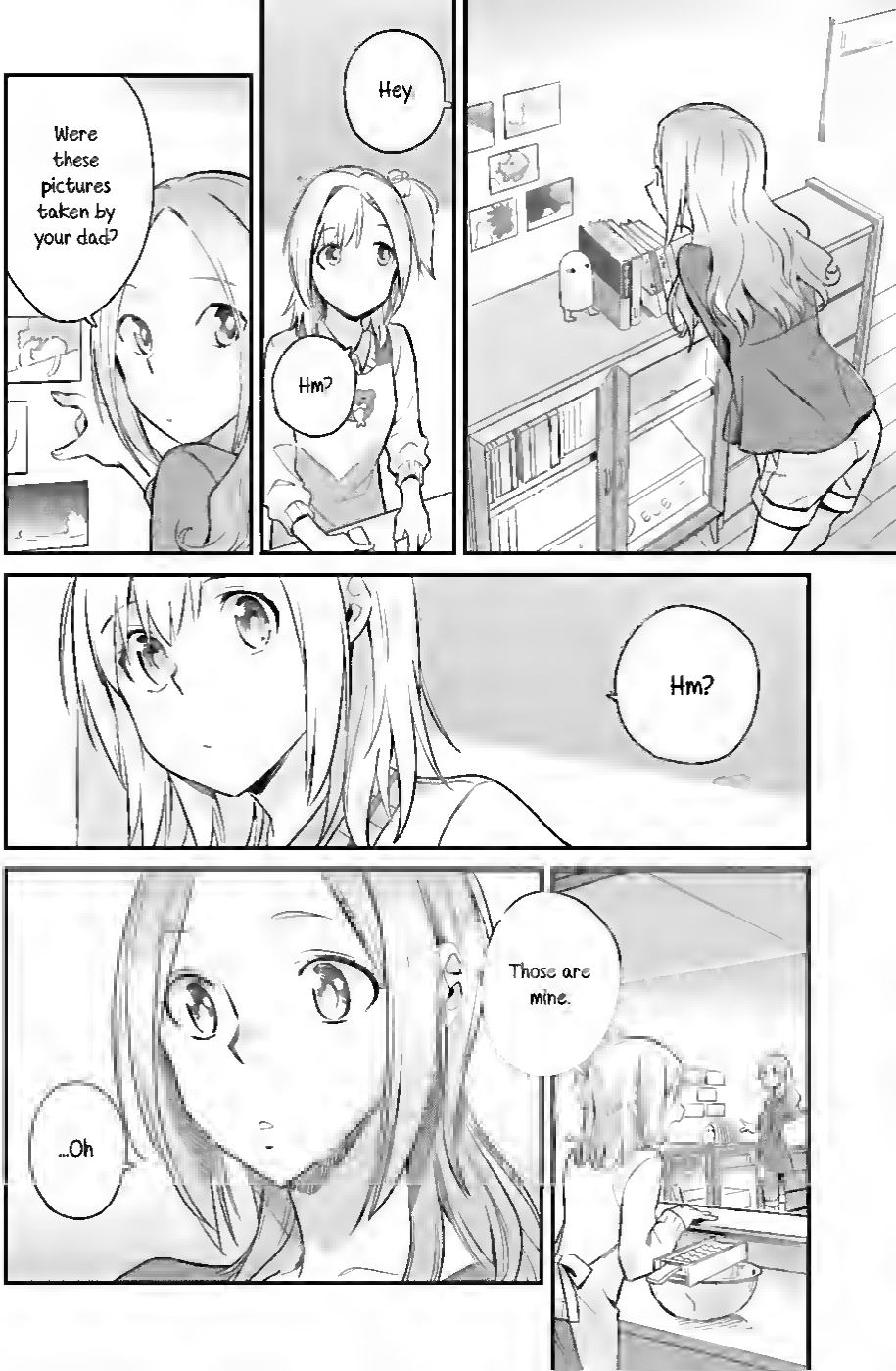
Were these pictures taken by your dad?
Hey
Hm?
Hm?
Those are mine.
...Oh

Cut the ingredients into bite-sized pieces
And slice the chicken thigh meat diagonally
Let some of the daikon's juices drain
I'm done
grating the daikon!

And now...
I'll fry the mochi
Mochi!
I'll let it fry until the inside is nice and soft.
You can't
I just want to eat them right now with salt!
Put it along with the other ingredients into the pot...

Nee-san
This is where your skill will come in
Ah!
The grated daikon's not on it yet
Yeah, I grated that!
It's complete!
Let's hurry up and eat!
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わぎ
?

Here we go!
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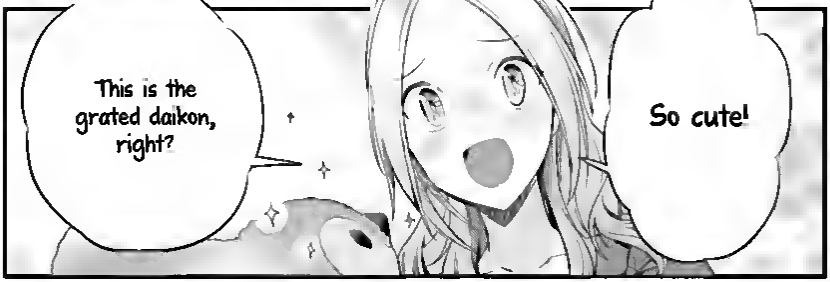
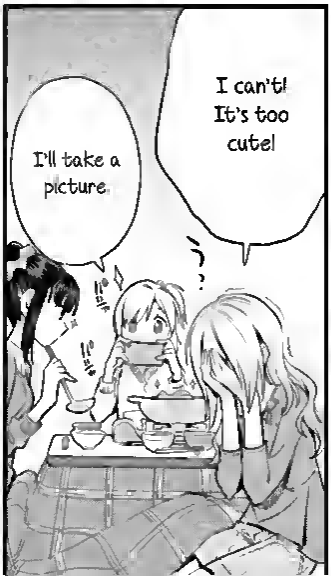
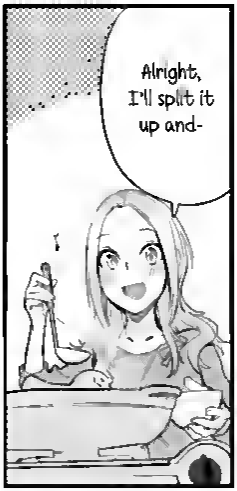
It's mizorenabe with chicken and fried mochi!

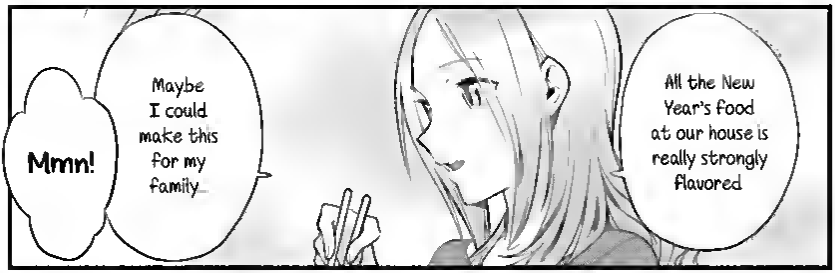

This is the grated daikon, right?
So cute!

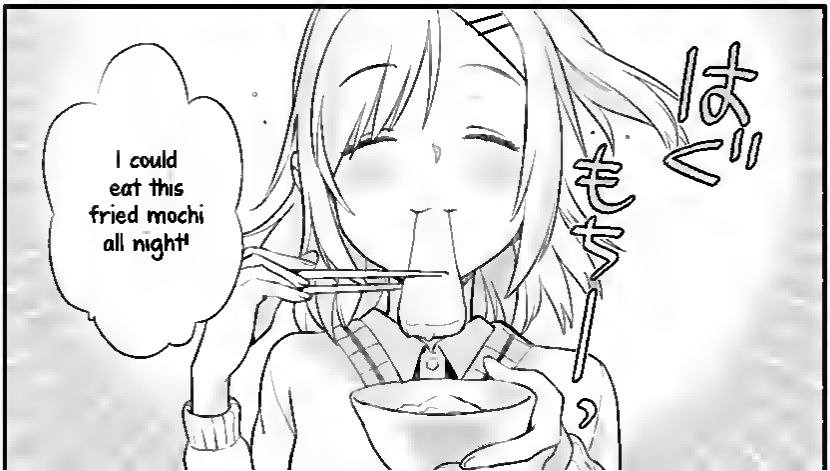

I'll take a picture.
I can't! It's too cute!


Alright, I'll split it up and-

Now,
let's
dig in!
So warm!
.....!
The penguin is so tasty!
Don't call it that...
Yum...
The broth's pretty sweet, too
I used the drained daikon juice
That makes it sweeter

Raw grated daikon works as a digestive aid,
so it's easy to eat
Yeah, it's really refreshing
It's making me work up an appetite


All the New Year's food at our house is really strongly flavored
Maybe I could make this for my family...
Mmn!


I could eat this fried mochi all night!
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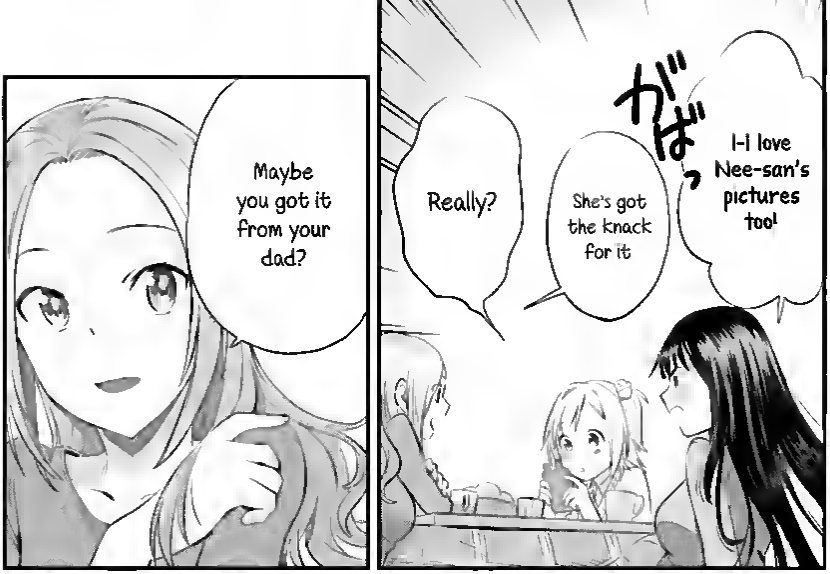
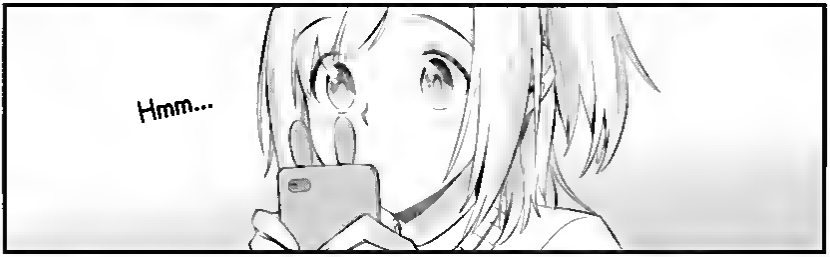
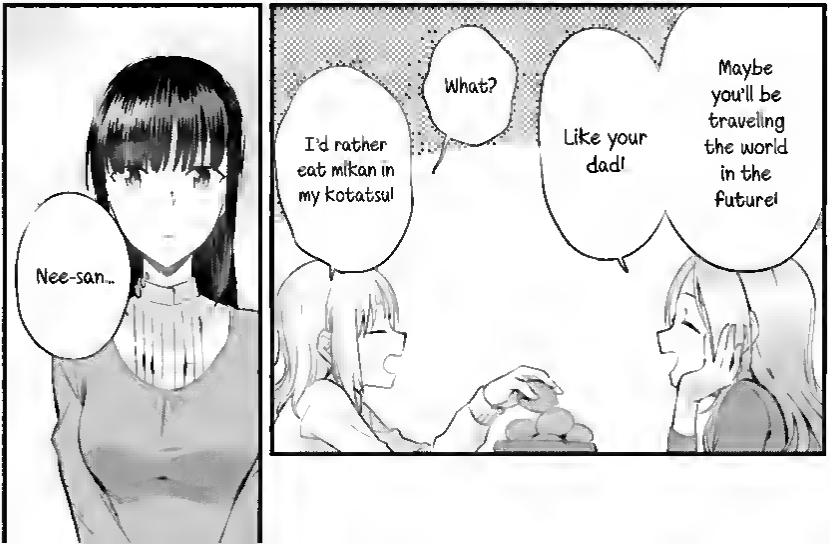
もぐ

もっち
もっち
もっち
That's not the digestive effect of the daikon at work, is it?
You were a big eater to begin with
What? That's not true!?
The mochi!!
You're a black hole
Right now I feel like I can eat forever!
Thanks for the meal!

Let me see your pictures, Sachi
Sure.
Phew
The penguin was so cute!
I thought of this before, but
.....
So cute!
It's really cute at this angle.
you're really good at taking pictures, aren't you, Sachi?


Maybe you got it from your dad?
Really?
She's got the knack for it
がばっ
I-I love Nee-san's pictures too!


Hmm...


Nee-san..
What?
I'd rather eat mikan in my kotatsu!
Like your dad!
Maybe you'll be traveling the world in the future!

They've only just become sisters, family. The present is comfortable, but the future beckons, someday...

To be continued next issue!

4th issue will be out February 27th!

今日のふたりレシピ vol. 17

today's futari recipe

MIZORENABE

INGREDIENTS
(TO SERVE THREE)
- 1/2 DAIKON
- 1 TABLESPOON SOY SAUCE
- 1 SHEET OF NORI
- 1/2 BUNDLE OF MIZUNA (JAPANESE MUSTARD GREENS)
- 1 BLOCK OF TOFU
- 1 PACKAGE OF ENOKI MUSHROOMS
- 150G THINLY SLICED PORK
- 150G CHICKEN THIGH
- 1/2 CARROT
- 1 SCALLION
- 600ML STOCK
- 1 TABLESPOON MIRIN
- 2 TABLESPOONS SAKE
- 1 TEASPOON LIGHT SOY SAUCE
- PONZU AS NEEDED
- KOMBU KATSUOBOSHI AS NEEDED
- MOCHI, AS DESIRED

DIRECTIONS

1. GRATE THE DAIKON (PARE OFF THE OUTER SURFACE BEFORE GRATING TO AVOID SPICINESS.) PUT THE GRATED DAIKON IN A STRAINER TO LET JUICES DRAIN. RETAIN JUICES FOR LATER USE. FILL POT WITH WATER. ADD KOMBU AND KATSUOBOSHI TO MAKE STOCK.
2. CUT AWAY THE BOTTOM END OF THE ENOKI MUSHROOMS AND DISCARD. BREAK UP MUSHROOMS INTO BITE-SIZED PIECES. CUT TOFU INTO BITE-SIZED PIECES AS WELL. CUT MIZUNA INTO SECTIONS 4-5 CM LONG. SLICE SCALLIONS THINLY. SLICE THE CHICKEN THIGHS DIAGONALLY. SLICE CARROTS, AND CUT THE SLICES INTO FLOWER SHAPES FOR DECORATION.
3. FRY THE MOCHI AT A LOW HEAT OF 150-160°C UNTIL THE INSIDE BECOMES SOFT.
4. ADD THE SAKE, MIRIN, LIGHT SOY SAUCE, AND RETAINED DAIKON JUICE TO THE STOCK IN THE POT AND BRING TO A BOIL. ADD THE INGREDIENTS YOU CUT IN STEP TWO AS WELL AS THE SLICED PORK.
5. SPLIT THE GRATED DAIKON INTO TWO PORTIONS. ONE FOR THE BODY OF THE PENGUIN, AND ONE FOR THE FACE. ADD SOY SAUCE TO COLOR THE BODY PORTION. ADD DAIKON TO POT AND SHAPE INTO PENGUIN. USING NORI FOR THE EYES. FINALLY, ADD THE MOCHI FRIED IN STEP 3 TO THE DINING TABLE!

THE DISH ON SACHI AND ASARI'S MENU THIS TIME IS MIZORENABE. IT'S A FUN AND TASTY NABE DISH YOU CAN PLAY WITH THAT SHOWS OFF THE BEAUTY OF GRATED DAIKON.

GRATED DAIKON HAS BEEN HIGHLY REGARDED AS A WEALTHY FOOD SINCE ANCIENT TIMES. AS THE PROVERB GOES, "NO NEED FOR DOCTORS WITH GRATED DAIKON." MEANING YOU WON'T GET SICK IF YOU EAT PLENTY OF IT.

AS FOR DAIKON'S ACTUAL EFFECTS, WHILE IT DOES CONTAIN PLENTY OF VITAMIN C, DAIKON ALSO COMES WITH A LOT OF DIGESTIVE ENZYMES. IF YOU'RE EATING A LOT OF FOOD, CONSUMING GRATED DAIKON WITH IT WILL AID DIGESTION AND LIGHTEN THE LOAD ON YOUR STOMACH. DAIKON'S DIGESTIVE ENZYMES WILL BREAK DOWN WITH HEAT, SO IT'S BEST TO EAT GRATED DAIKON RAW.

THE SPICY COMPONENTS OF DAIKON HAVE A GERMICIDAL EFFECT. THAT'S WHAT MAKES GARGLING DAIKON JUICE GOOD FOR MOUTH ULCERS AND CAVITIES. IT'S ALSO WHY GRATED DAIKON IS USED TO GARNISH SASHIMI AND GRILLED FISH, TO PREVENT FOOD POISONING. IN THEATER THEY CALL BAD ACTORS "DAIKON ACTORS." THAT'S BECAUSE YOU WON'T GET HIT (BY FOOD POISONING) EATING DAIKON, AND BAD ACTORS WON'T HIT (IT BIG).

WITH SO MUCH GRATED DAIKON IN IT, MIZORENABE IS A WEALTHY AND DELICIOUS NABE DISH. ESPECIALLY DURING WINTER, WHEN DAIKON ARE EXTRA SWEET. IT'S DAIKON SEASON, SO GRATE AWAY!

PRACTICAL!! Futari Gohan

COOKING MANGA RESEARCHER SUGIMURA KEI'S

WHEN GRATING DAIKON, YOU SHOULD PAY ATTENTION TO TIME. THE SPICINESS OF THE DAIKON DEPENDS ON HOW LONG IT TAKES TO GRATE. ROUGHLY SPEAKING, THERE'S TWO PARTS TO A DAIKON. THE OUTER PART (THE SKIN) AND THE INNER PART. THE OUTER PART CONTAINS AN ENZYME CALLED MYROSINASE, AND THE INNER PART CONTAINS COMPOUNDS CALLED GLUCOSINOLATES. DURING THE GRATING PROCESS, THE PLANT CELLS ARE BROKEN. RELEASING THE ENZYMES AND COMPOUNDS, WHICH COMBINE TO FORM ISOTHIOCYANATE, A SPICY COMPOUND. IN 5 MINUTES THE DAIKON REACHES PEAK SPICINESS. AFTER WHICH THE SPICY COMPOUNDS STARTS TO BREAK DOWN AND THE DAIKON START'S MELLOWING OUT.

THEREFORE PEOPLE WHO LIKE IT HOT SHOULD EAT THE GRATED DAIKON 5 MINUTES AFTER GRATING, AND THOSE WHO DON'T SHOULD EAT IT IMMEDIATELY, OR WAIT 15 MINUTES. BUT ISOTHIOCYANATES ARE GOOD FOR YOU, SO—

I LIKE GRATED DAIKON SO MUCH THIS COLUMN ENDED UP BEING ALL GRATED DAIKON AND NO NABE. THAT'S JUST HOW FASCINATING GRATED DAIKON IS. I HOPE YOU CAN FORGIVE ME.

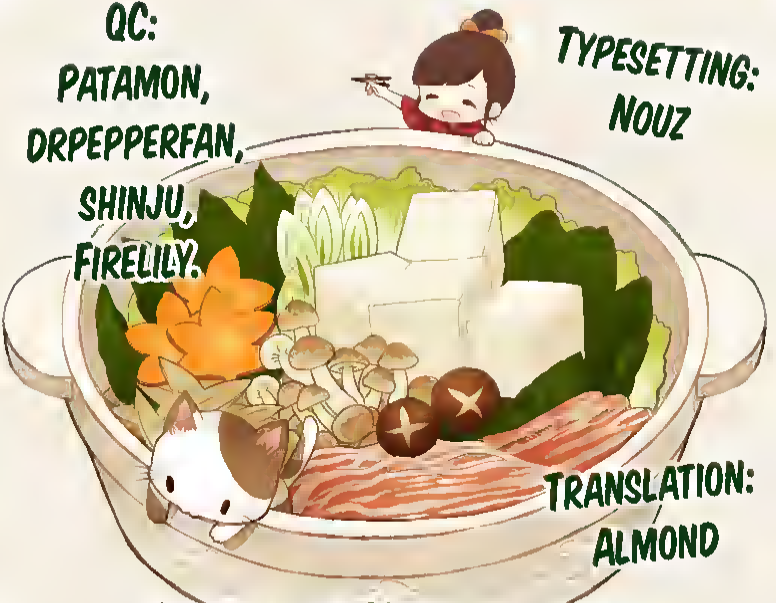
Illustration: Hiiragi Yutaka

SUGIMURA KEI Profile

THE POPULAR COOKING MANGA "RESEARCHER" BEHIND "SOY SAUCE NOTEBOOK," "WHITE HOT SAKE CLASSROOM," AND MANY OTHER WORKS. WE'LL TALK ABOUT THE COOKING FEATURED IN "SHINMAI SHIMAI NO FUTARI GOHAN" RAISED ON HIS

QC:
PATAMON,
DRPEPPERFAN,
SHINJU,
FIRELILY.

TYPESETTING:
NOUZ



TRANSLATION:
ALMOND

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